

ANNUAL NARRATIVE REPORT

NAVAJO COUNTY  
ARIZONA

DECEMBER 1, 1943

to

AUGUST 17, 1944

By,

Alice F. Beesley  
Home Demonstration Agent

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Alice F. Beesley  
Home Demonstration Agent  
Navajo County, 1944

SUMMARY OF STATISTICAL AND NARRATIVE REPORTS  
HOME DEMONSTRATION AGENT  
NAVAJO COUNTY, AUGUST, 1944.

The work of the Home Demonstration Agent for the period beginning December 1, 1943, and ending August 17, 1944, in Navajo County consisted of 86 days with adult work and 11 days devoted to 4-H Club work. Of this time 66 days were spent in the County office on organization and planning, and 31 days were devoted to demonstrations and activities in the field. Twenty-eight extension meetings were held, with an attendance of 741. The Home Demonstration Agent was granted leave of absence from May 15 to July 15, and during this time Mrs. Martha E. Fees, Emergency Assistant in Food Preservation, worked in Navajo and Apache Counties. During this time Mrs. Fees conducted pressure cooker clinics in 12 communities and checked gauges and release valves on 152 cookers.

Cooperative meetings were conducted in three communities on Food for Freedom programs. These meetings were held with representatives from the Extension Service, AAA and SCS, with each representative telling how his respective Agency could cooperate on the program. Cooperation has also been carried out with the County Nutrition Committee. The County Committee Chairman and Home Demonstration Agent met to organize the available information on the Food for Freedom program, and to plan for the best method of distribution of this information.

Information and Demonstrations in the field of clothing which have been given during the current period of time are as follows: Washing Fine Fabrics, Care of Bedding, and 4-H Clothing work. Approximately 62 homemakers and 44 Club girls have been given assistance in phases of conservation of clothing.

Demonstrations and information presented to homemakers on the subject of Foods and Nutrition were: Holiday Dinners, Pressure Cookers, Gardens to Fit the Family Needs, and 4-H Meal Planning. Approximately 266 homemakers and 4-H Club members were given assistance in phases of this work.

Health and Safety work was presented to 113 homemakers in 6 communities. This work was carried on in cooperation with the program for Accident Prevention and Home Medicine Chests.

Alice F. Beesley  
Home Demonstration Agent  
Navajo County 1944

ANNUAL NARRATIVE REPORT

Agricultural Extension Service  
Navajo County, Arizona

Alice F. Beesley  
Home Demonstration Agent

GENERAL ACTIVITIES:

The Home Demonstration Agent spent from December 1st, 1943, to August 17, 1944, in the Navajo and Apache County offices, with the exception of a leave from office from May 15 to July 15. During this time Mrs. Martha E. Fees, Emergency Assistant in Food Preservation, carried on pressure cooker clinics in twelve communities and checked 152 canners.

From January 5 to 7, 1944, the Home Demonstration Agent attended the Annual Agricultural Extension Conference which was held in Phoenix. January 13 to 16 was spent in attendance at the USDA Conference in Home Food Preservation in Chicago. She attended a Conference in Tucson on February 28 and 29, and one in Phoenix March 1st to 3d, at which a report on the Chicago Conference was given to the other Home Demonstration Agents and State Extension staff. These two Conferences were also composed of a clinic on pressure cookers and can sealers. Dr. Margaret Cammack Smith gave a report on the nutritive value of home dehydrated food; and Donald Hitch demonstrated the use of a home dehydrator. Dr. Caldwell discussed food spoilage and a number of cans of home processed foods were examined and causes of spoilage discussed. In April, the Home Demonstration Agent reported on the Chicago Conference to the Home Economics workers attending the State Home Economics Convention in Phoenix.

The Home Demonstration Agent took part in three community meetings on the Food for Freedom program. These meetings were held with representatives from the Extension Service, the AAA and SCS, which representatives gave a short talk on the way in which their agency could cooperate in the Food for Freedom program. The Home Demonstration Agent discussed conservation and preservation of home produced foods, and equipment necessary and available for preservation of these foods. These meetings were held in Lakeside, Snowflake and Pinedale, with a total of 112 persons present.

Two training meetings were held in Navajo County with eleven leaders present. The subjects of these meetings were: Holiday Dinners and Washing Fine Fabrics. Transportation problems have made it difficult to get leaders together for these training meetings.

Mrs. Martha E. Fees, Emergency Assistant in Food Preservation, spent six weeks in the Navajo and Apache County offices, conducting pressure cooker clinics.. Her field and office time in Navajo County is summarized as follows:

|                                |     |
|--------------------------------|-----|
| Days in office .....           | 12  |
| Days in field .....            | 10  |
| Home visits .....              | 14  |
| Office calls .....             | 20  |
| Telephone calls .....          | 7   |
| Clinics held .....             | 12  |
| Pressure cookers checked ..... | 152 |

The Home Demonstration Agent spent two and one-half days at the Annual Planning Conference in Prescott. General economic outlook was discussed with the Home Demonstration Agents by Howard R. Baker. Miss Dryden gave an interesting summary of the subjects discussed at the National Home Economics Convention in Chicago. The Home Demonstration Agents met in two sessions with the State 4-H Club Leaders to discuss and plan projects for the coming year. Some questions concerning records and subject matter for club work were clarified.

Marvel B. Bruce Smith, of Snowflake, who is the County Nutrition Committee Chairman, met with the Home Demonstration Agent and held a conference on the subject of "Food for Freedom." Information was organized and methods of getting the information to local Nutrition Co-Chairmen were planned. Mrs. Smith ordered all literature which was distributed by Neighborhood Leaders and Visiting Teachers over the County. This literature arrived early in December, and the Home Demonstration Agent distributed the literature and information for its further distribution to Winslow and Holbrook nutrition leaders.

The rural women of Navajo County have been very much interested in Food Preservation, but emphasis has been placed on canning and storage rather than dehydration this year. A number of home dryers were made last year, and

from all reports, the use of these will be continued, but, up to August, little food has been produced which could be dehydrated. In October, local canning leaders can give information on the quantity of food canned, dried, and stored.

The conservation of clothing program has been continued, with demonstrations on washing fine fabrics and care of bedding.

The subject of Accident Prevention was presented to homemakers in six communities, and was carried into the other communities by local leaders. Results from all homemakers on accidents in the home have not been received in the County office to date. The Extension circular on the Home Medicine Chest was widely distributed to homemakers.

The map of Navajo County on page 6 shows communities in which the Home Demonstration Agent cooperated and carried out Extension programs with adults and 4-H Club members. Listed below is a summary of the distribution of the field and office time for general activities in which the Home Demonstration Agent cooperated during the period from December 1, 1943, to August 17, 1944:

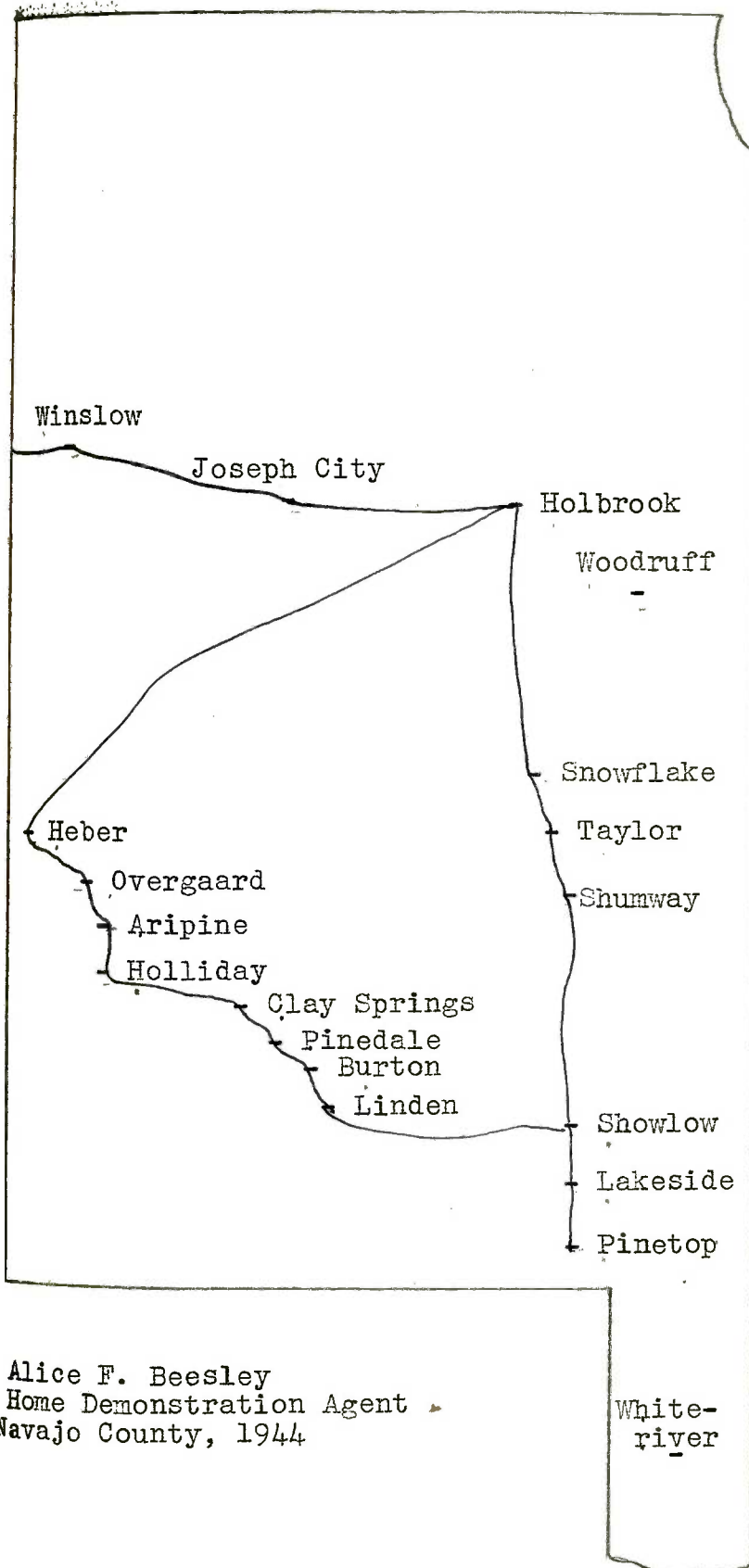
|                                 |      |
|---------------------------------|------|
| Days devoted to adults .....    | 86   |
| Days devoted to 4-H Clubs ..... | 11   |
| Days in office .....            | 66   |
| Days in field .....             | 31   |
| Number of home visits .....     | 73   |
| Number of office calls .....    | 94   |
| Number of telephone calls ..... | 39   |
| Bulletins distributed .....     | 1304 |
| Extension meetings .....        | 28   |
| Attendance at meetings .....    | 741  |

Alice F. Beesley  
Home Demonstration Agent  
Navajo County, 1944



NAVAJO COUNTY MAP

(South of the Indian Reservations)



Extension Groups

Joseph City  
Woodruff  
Snowflake  
Showlow  
Pinetop  
Heber  
Clay Springs  
Linden  
Pinedale  
Taylor  
Lakeside

4-H Clubs

Joseph City  
Woodruff  
Linden  
Pinedale  
Clay Springs  
Showlow  
Heber  
Snowflake

Neighborhood Leaders

Joseph City  
Woodruff  
Snowflake  
Taylor  
Shumway  
Showlow  
Lakeside  
Pinetop  
Linden  
Burton  
Pinedale  
Clay Springs  
Holliday  
Aripine  
Overgaard  
Heber

Block Leaders

Winslow  
Holbrook

Alice F. Beesley  
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Navajo County, 1944

White-  
river

### EXTENSION ORGANIZATION AND PLANNING:

The annual conference of the Agricultural Extension Service was held in Phoenix in January, 1944. The general sessions of this conference were enlightening on the economic and food outlook for 1944.

The twelve minute talks by the Home Demonstration Agents and the County Agents gave a good all-over picture of activities and contributions to the war effort which are being carried on throughout the State. This helped Agents realize the problems, and approaches to the problems, in other Counties, and thus helped clarify their own problems.

At the Home Demonstration Agents sessions administrative problems were discussed and conclusions and recommendations made. The food and nutrition situation was reported by Miss Stewart, and the Home Demonstration Agents entered into the discussions on this subject in relation to local and State attitudes which should be taken.

An evening was spent on the subject of "Food for the Sick." Demonstration material for this subject was discussed, and each Home Demonstration Agent contributed information on common illnesses in her county or counties. This demonstration material should fit in nicely with the subjects of accident prevention, home medicine chests, and care of the sick, in the home.

At the last general session of the conference talks on "Reaching the Last Farm Family" were well presented by Miss Hopkins and Mr. O'Dell. These talks were followed by general discussions on the subject by the group.

The Home Demonstration Agent attended the Planning Conference for County Home Demonstration Agents and State workers which was held in Prescott July 25 to 27. At this Conference Mr. Baker gave a very interesting economic outlook for agents who are working with rural people. Lorene Dryden presented an interesting summary of the subjects discussed at the National Home Economics Convention in Chicago; and also led a discussion period on the clothing outlook for local communities, and from a State-wide and National basis. Mr. McKee and Mr. Dishaw met in two sessions with the Home Demonstration Agents to discuss 4-H Club literature in all projects, and to discuss achievements and the keeping of records for 4-H Club members. Conferences were held with the State Leader and Clothing Specialist to make plans which could be used among homemakers groups during the coming year.



Projects for the year which have been carried out, and for which plans are made, are listed below:

- Holiday Dinners
- Accident Prevention
- First Aid and Home Medicine Chest
- Washing Fine Fabrics
- Care of Bedding
- Pressure Cooker Clinics
- Hot Water Bath Canning
- Food for the Sick
- Household Pests
- 4-H Clothing and Food Projects

It was necessary for the Home Demonstration Agent to take leave from May 15 to July 15, and during her absence Mrs. Martha E. Fees, Emergency Assistant in Food Preservation, conducted Pressure Cooker Clinics in all communities.

The Extension program has been planned cooperatively by Extension Agents and local committees in fourteen communities, with nine carrying on adult home demonstration work. There are approximately 425 homemakers in these groups. The neighborhood leader system was active in fourteen communities with approximately 56 leaders participating in the program.

Four 4-H Home Economics Clubs were active and the members carried on the following projects: Clothing and Meal Planning. A few girls enrolled for canning with their mothers as leaders. These girls will complete their work about September 30th. Local Achievements were held in each community for each club. It was necessary to complete the projects on clothing and meal planning early in August, due to the resignation of the Home Demonstration Agent on August 17th.

The Home Demonstration Agent spent 52 days on organization and planning the County Extension programs. This estimate of days is based upon the days the Agent spent in office work and in preparing and organizing literature and equipment for demonstrations in the various projects.

Mr. A. B. Ballantyne, from the State Extension office, assisted the County office by sending information relative to accident prevention, for use among rural people. Meetings were held in Showlow, Taylor, Snowflake, Woodruff, Holbrook, Linden, Heber and Joseph City on this subject, and correlating with it information on the Home Medicine Chest.

Two training meetings were held with eleven leaders present. The subjects discussed and planned at these meetings

were Holiday Dinners, and Washing Fine Fabrics. Twelve method demonstrations were conducted by the Home Demonstration Agent with 154 homemakers present. Twelve other meetings of an Extension nature were participated in by the County Extension worker with an attendance of 548.

Alice F. Beesley  
Home Demonstration Agent  
Navajo County, 1944

## NUTRITION AND HEALTH:

### Food Preservation and Storage:

In December, 1943, in cooperation with the War Board, 103 pressure cookers were applied for under the rationing program, and 51 applications were returned. The War Board notified the Home Demonstration Agent that rationing of cookers was to be discontinued on December 27th, so this automatically dissolved the Advisory Committee for further consideration of pressure cooker applications.

In January, 1944, the Home Demonstration Agent attended the USDA Conference on Home Food Preservation in Chicago, and also the Extension Nutrition Conference which was called at the close of the USDA Conference. Two sessions of the Extension Nutrition Conference were devoted to community canning centers and the relation of Extension workers to these projects.

A total of 35 days was spent on Food Preservation by the Home Demonstration Agent and the Emergency Assistant in Food Preservation. Demonstrations and clinics were held in 12 communities and 182 families were assisted with canning, 14 with dehydration, and 32 with storage. Homemakers were assisted with sugar rationing in relation to canning fruits and juices. Canning record blanks were also given to leaders in all communities, so that a record might be returned to the County and State offices later in the fall.

A few 4-H Club girls are enrolled in canning, but these reports will not be in the County office until later in the fall.

The circular on pages 11, 12, and 13, was prepared by the Home Demonstration Agent, using information in current Government releases on the subject of planning the home garden to fit the family needs. This was mailed to 266 homemakers.

### Food Selection and Preparation:

The Home Demonstration Agent spent 5 days in 3 communities assisting homemakers and giving demonstrations on food selection and preparation. This was confined to the preparation of poultry, its selection, preparation and serving for holiday dinners.

A total of 75 homemakers was assisted with food preparation and 14 were assisted with child-feeding problems.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona

University of Arizona  
College of Agriculture and  
U.S. Department of Agriculture  
Cooperating.

Agricultural Extension Service  
Navajo and Apache Counties  
Alice F. Beesley

1944

PLAN YOUR GARDEN

A Victory gardening family that still has planting to do may want to start its canning arithmetic by figuring on growing enough to eat and enough to put up. Here are approximate figures suggesting the number of feet of garden row it takes to yield one bushel. These figures are based on average yields. Good yields should do much better, but it is safer to count on conservative estimates.

|                 |          |              |          |
|-----------------|----------|--------------|----------|
| Pole snap beans | 50 feet  | Carrots      | 50 feet  |
| Bush snap beans | 100 feet | Spinach      | 100 feet |
| Lima beans      | 150 feet | Other greens | 50 feet  |
| Beets           | 50 feet  | Tomatoes     | 50 feet  |

ARITHMETIC AID FOR HOME CANNERS

"How many jars of food may I expect to can from a fruit or vegetable as bought or picked?" That's the home canner's arithmetic problem. By figuring answers beforehand you can better plan your work. You can judge how many jars and other supplies to have on hand and avoid the dilemma of bringing into the kitchen more fresh food than you can use in one canning season.

To help homemakers figure approximate yields of canned food from fresh food the U.S. Department of Agriculture offers the table on the following page, with the reminder that legal weight of a bushel varies in different States and that weights given here are average.

CANNING ARITHMETIC

|                               |  |
|-------------------------------|--|
| Apples .....                  | 1 bu. (48 lb.) yields 16 to 20 qt.<br>2½ to 3 lb. yield 1 qt.  |
| Beans, lima, in pods ....     | 1 bu. (52 lb.) yields 6 to 8 qt.<br>4 to 5 lb. yield 1 qt.     |
| Beans, snap .....             | 1 bu. (30 lb.) yields 15 to 20 qt.<br>1½ to 2 lb. yield 1 qt.  |
| Beets, without tops .....     | 1 bu. (52 lb.) yields 17 to 20 qt.<br>2½ to 3 lb. yield 1 qt.  |
| Berries, except straw-berries | 24-qt. crate yields 12 to 18 qt.<br>5 to 8 cups yield 1 qt.    |
| Carrots, without tops...      | 1 bu. (50 lb.) yields 16 to 20 qt.<br>2½ to 3 lb. yields 1 qt. |
| Cherries, as picked ....      | 1 bu. (56 lb.) yields 22 to 32 qt.<br>6 to 8 cups yield 1 qt.  |
| Corn, sweet, in husks .....   | 1 bu. (35 lb.) yields 8 to 9 qt.<br>6 to 16 ears yield 1 qt.   |
| Grapes .....                  | 1 bu. (48 lb.) yields 16 to 20 qt.<br>2½ to 3 lb. yield 1 qt.  |
| Greens .....                  | 1 bu. (18 lb.) yields 6 to 9 qt.<br>2 to 3 lb. yield 1 qt.     |
| Peaches .....                 | 1 bu. (48 lb.) yields 18 to 24 qt.<br>2 to 2½ lb. yield 1 qt.  |
| Pears .....                   | 1 bu. (50 lb.) yields 20 to 25 qt.<br>2 to 2½ lb. yield 1 qt.  |
| Peas, green, in pods ..       | 1 bu. (30 lb.) yields 12 to 15 pts.<br>2 to 2½ lb. yield 1 qt. |
| Plums .....                   | 1 bu. (56 lb.) yields 28 to 40 qt.<br>1½ to 2 lb. yield 1 qt.  |
| Squash .....                  | 1 bu. (40 lb.) yields 16 to 20 qt.<br>2 to 2½ lb. yield 1 qt.  |
| Strawberries .....            | 24-qt. crate yields 12 to 16 qt.<br>6 to 8 cups yield 1 qt.    |
| Sweetpotatoes, fresh...       | 1 bu. (55 lb.) yields 18 to 22 qt.<br>2½ to 3 lb. yield 1 qt.  |
| Tomatoes .....                | 1 bu. (53 lb.) yields 15 to 20 qt.<br>2½ to 3 lb. yield 1 qt.  |



PLAN FOR YOUR FAMILY

Plan for canning as you plan and plant your garden. In families depending heavily on home-canned food, 100 quarts per person, or more, are put up as the usual supply. This includes fruits home-grown or purchased. A boiled-down average budget for one person, giving good variety, and a range of quantities are:

|  |   |
|--|---|
| Tomatoes, 25-35 quarts                                   | Fruits, 6 to 8 kinds,<br>and 25-35 quarts |
| Greens and other vegetables,<br>6 to 8 kinds, 25-35 qts. | Fruit juices, 5-10 quarts                 |

This quantity of canned food -- or its equivalent brined, dried, or stored -- would supply enough of these foods for a good diet for 30 weeks for one person.

Plans for my family of \_\_\_\_\_ persons.

| FOOD                        | GARDEN<br>ROW | CAN | STORE |
|-----------------------------|---------------|-----|-------|
| Tomatoes                    |               |     |       |
| Greens and other vegetables |               |     |       |
| Fruits                      |               |     |       |
| Fruit juices                |               |     |       |

Health and Safety Work:

Five demonstration meetings, with 95 homemakers present, were held on the subject of Accident Prevention and Home Medicine Chest. The literature prepared by A. B. Ballantyne, Series 2, and the check sheet on accidents have been used at these meetings. Homemakers were urged to spend at least fifteen minutes of their time to check hazards in and about their own homes which may cause accidents. Discussion was had as to how repairs may be made and what can be done by the homemaker to prevent accidents. The Home Medicine Chest was demonstrated and discussed as a means of use in the home for simple remedies, following accidents or injuries. The subject of rheumatic fever was discussed in 3 communities. A number of cases of this fever have been diagnosed in these communities, and the mothers are interested in all available information.

One hundred thirteen homes have been given information on accident prevention, and 22 mothers have received information on first aid and home nursing.

Alice F. Beesley  
Home Demonstration Agent  
Navajo County, 1944

HOME MANAGEMENT:

The Extension portable sewing machine has been used by 7 homemakers. Each homemaker requesting the use of the machine, kept it for two weeks at a time. The machine has been in use approximately 36 weeks during the past 10 months. Each time a new homemaker gets the machine she is given instructions on the care and oiling of the machine.

Requests for information on cleaning upholstery and rugs have been filled. In one instance Stoddard specification solvent with Putnam's dry cleaning solution was used with complete satisfaction. In another case, a suds of P & G soap and water with Evernew Cleaner added was found very satisfactory upon one application.

Thirty-six bulletins on the care and simple repair of household equipment have been distributed to homemakers in Joseph City, Woodruff and Holbrook, to those who have electric appliances and who have requested this information.

Alice F. Beesley  
Home Demonstration Agent  
Nagajo County, 1944

CLOTHING AND TEXTILES:

A total of 108 families have been given assistance on clothing construction, selection, and care of clothing. Demonstrations were given on washing fine fabrics in 3 communities, with 12 women present. One demonstration was given by a local leader on pressing. Requests for information on pressing, knitting, dry cleaning, stain removal and remodeling have been received; and individual assistance and information given to fill these requests. Instructions for fire proofing children's clothing were given in relation to prevention of accidents in the home.

One community requested a meeting on care of bedding. However, only 4 homemakers attended this meeting. The fabric of materials and care in laundering and ironing the bedding were discussed. Individual requests for information were filled, following this meeting..

There are 4-H Clothing Clubs in four communities in Navajo County. This club work had to be carried on almost entirely by local leaders, as the Home Demonstration Agent was on two months leave during the time that club work was in progress. There were 103 garments completed by the girls enrolled in clothing projects.

Alice F. Beesley  
Home Demonstration Agent  
Navajo County, 1944.

FAMILY RELATIONS:

Assistance on children's clothing, child feeding, child care and training was given to a Mother's Club in Holbrook. Other individual parents were given assistance whenever requests came in. Approximately 20 families were given assistance in family relations and child development.

4-H CLUB PROJECTS:

4-H Meal Planning projects were carried to completion in 3 communities:- Clay Springs, Joseph City and Snowflake, with 24 girls enrolled in these projects and approximately 175 meals planned and 92 meals served. A few girls are enrolled in canning, but no figures can be given on the quarts canned until fall.

Twenty-three girls were enrolled in 4-H clothing projects. These girls completed 103 garments.

Due to the absence of the Home Demonstration Agent from May 15 to July 15 it was necessary for the 4-H Club leaders to take the complete initiative in getting the projects started and continued. It was also necessary to hold local Achievements early in August so as to have all projects completed and reports made by August 17, 1944.

COOPERATION WITH OTHER AGENCIES:

In February, the County Agent and Home Demonstration Agent cooperated with the AAA and Soil Conservation Service in presenting "Food for Freedom" information to rural people in Lakeside, Snowflake and Pinedale. The Home Demonstration Agent confined her information to selection and preservation of food for the family needs. The County Agent and AAA and SCS representatives gave agricultural outlooks and emphasized production suitable to this area.

Alice F. Beesley  
Home Demonstration Agent  
Navajo County, 1944



SUPPLEMENTAL NARRATIVE REPORT  
HOME DEMONSTRATION WORK  
NAVAJO COUNTY - 1944.

NUTRITION AND HEALTH:

Food Selection and Preparation:

In September, Jean M. Stewart, State Leader, and Ruth H. Cook, Emergency Food Assistant of Yavapai County, spent  $2\frac{1}{2}$  days in the County and gave five method demonstration meetings on "Food for the Sick." The meetings were held in the five communities of Joseph City, Woodruff, Heber, Snowflake, and Showlow, with a total attendance of 77.

At each meeting, the State Leader led a preliminary discussion on health conditions in each specific community, and presented suggestions for community post-war health planning.

Following this discussion, the demonstration was given with the women preparing recipes to be used particularly on a soft diet. Suggestions for tray service were given.

Each group requested the pattern for the triangular pillow, and will receive this when the new Home Demonstration Agent starts work in the County.

At this time, the State Leader collected samples of water from several of these communities to take to the University for Fluorine tests.

Ruth H. Cook  
Emergency Food Assistant